



Council on Aging/Senior Center

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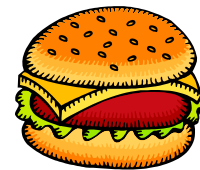
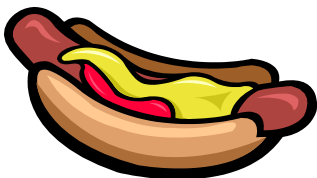
COUNCIL ON AGING NEWSLETTER

AUGUST 2013

Blood Pressure Clinic will be changing to the first Friday of the month starting August 2nd from 12 Noon to 1:00 PM. Starting in September it will be from 11:30 to 12:30 every first Friday of the month!

Neighbor's Helping Neighbor's-Sunday, August 11th at the Town Common from 11 to 5:00. Fun for the whole family! Food, raffles, games, etc.. Shuttle service provided by Wachusett Mountain!

August 17th from 11 to 3:00-Sheriff's Annual Senior Picnic at the SAC Park, 348 Lake St. in Shrewsbury. Free lunch, raffles & bingo.



Cookout at the PACC on August 29th at 12:00 for Westminster, Gardner and Ashburnham Seniors for \$5.00 a person. Salads and desserts would be appreciated. Sign up at Senior Center!

The Westminster Council on Aging and Senior Center will be closed on Monday, September 2nd for the Labor Day Holiday! Enjoy the long weekend!

Reminder!! Gentle Stretch Class for Seniors every Thursday Morning in August from 10:15 to 11:30 in the Eloronta Room at the Forbush Library. Bring a mat and pillow.



Council on Aging Board Meeting September 10th at 1:00. All are welcome!

COOKBOOK FUNDRAISER

Friends of the Westminster Senior Center are collecting your favorite recipes for a 2013 cookbook



to be called "Recipes And Recollections." Submissions can be made in 3 ways:

Recipes can be dropped off at the Senior Center, Forbush Library, or Crocker Pond.

Recipes can be mailed to: Kathleen Brennan-115 South Ashburnham Road-Westminster, MA 01473

Recipes can be e-mailed to: cookbookrecipes@fowsc.com.

Categories of recipes needed are: appetizers, after school snacks, soups, side Dishes and vegetables, main dishes, busy family meal ideas, light eating, Memorial Day and 4th of July, crock pot and canning.

****Recipes are due in by September 30th!! You can also add a few lines about the recipe , its history and your family!! Thank You!!

The Girlfriend Effect-Friendships Positively Impact Your Health! August 1st is National Girlfriend's Day. Time spent with your girlfriends on a regular basis can assist in lowering blood pressure, heart rate, and cholesterol.

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